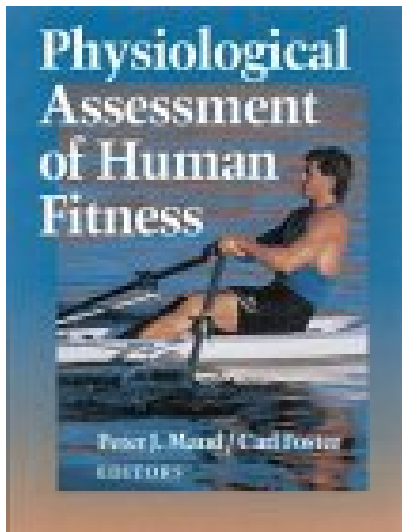


Physiological Assessment of Human Fitness



BOOK DETAILS

- Author : Peter J. Maud
- Pages : 304 Pages
- Publisher : Human Kinetics Publishers
- Language : English
- ISBN : 087322776X



BOOK SYNOPSIS

This text summarises current scientific methods for the assessment of human physiological fitness. The authors provide a rationale for methods of assessment, examine the limitations of some methods and provide details of alternative techniques.

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